



NORTHAMPTON LEISURE TRUST

JOB DESCRIPTION

Job title:	Aerobics Instructor
Location:	Trilogy Health & Fitness
Salary:	£20ph
Responsible to:	Commercial Activity Manager, Senior Fitness Instructor, Duty Supervisor

JOB PURPOSE

To plan and provide instruction in aerobic classes for customers at the Leisure Centres.

MAIN DUTIES AND RESPONSIBILITIES

- Maintain and promote professional image of Trilogy Health & Fitness at all times
 - Promote health & wellbeing to customers using Trilogy Health & Fitness clubs at all times
-

PEOPLE AND RESOURCES

The jobholder is responsible for the following people and resources:

- Trilogy Health & Fitness Customers
-

JOB DEMANDS

This job entails the following demands:

- To ensure the smooth and safe running of the aerobic class.
- Responsible for care of studio fitness equipment, stereo and head mic system.
- Responsible for setting up and setting down of equipment within the time of the class.
- Ensure Health and Safety of centre customers participating in the class.
- Report any equipment fault or concerns to the Senior Fitness Instructor or Health and Fitness Development Officer.
- You will be required to attend quarterly meetings as directed by the Health and Fitness Development Officer.
- To undertake any other duties commensurate with the position as designated by the line manager
- To ensure that reasonable care is taken at all times for the health, safety, and welfare of yourself and other persons and to comply with the policies and procedures relating to health and safety within the Leisure Trust
- In carrying out the duties of the post, you must have regard to the Trusts Customer Service Policy and Guidelines

PERSON SPECIFICATION

	Essential/Desirable?		Methods of Assessment			
	E	D	Application Form	References	Interview	Other
KNOWLEDGE			Application Form	References	Interview	Other
Knowledge of health and fitness industry and equipment	✓		✓			
Have previous experience of working in a customer facing environment	✓		✓			
Have an understanding of equality and diversity	✓				✓	
Knowledge and understanding of safeguarding practice and policy	✓				✓	
Understanding of general health and safety issues	✓				✓	
Recognised industry health and fitness qualifications, i.e. ETM, BTS, Zumba	✓		✓		✓	
SKILLS			Application Form	References	Interview	Other
Excellent communication and customer care skills	✓		✓			
Planning and delivering a studio class	✓				✓	
ATTRIBUTES			Application Form	References	Interview	Other
Friendly and professional manner	✓				✓	
Be enthusiastic and motivated	✓				✓	
REPs Accredited ~ Register of Exercise Professionals		✓	✓			
Hold current PPL and Insurance		✓	✓			